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Article

On _____

Osteopathy

**As it Appeared
in**

New York Tribune

Sunday, Nov. 29

1914

OSTEOPATH TELLS

AS ONLY fragmentary reports of what the osteopaths declared they were accomplishing in the treatment of insanity cases were published at the time of their state convention in this city several weeks ago, Dr. L. Van Horn Gerdine, of the American School of Osteopathy, who read a paper on insanity, was asked to give The Tribune readers further details of the work along these lines. At the convention frequent reference was made to the new osteopathic sanatorium at Macon, Mo., where it was claimed insane patients had been treated successfully.

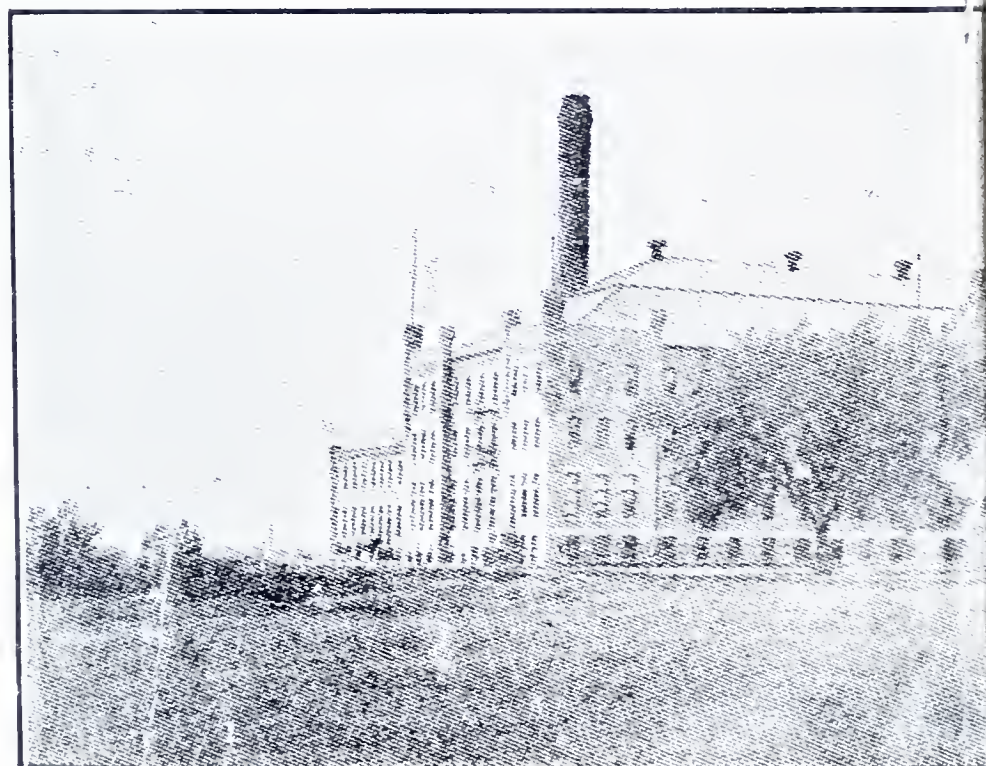
"The new sanatorium is a fine thing for us," said Dr. Gerdine. "It has broadened our scope immensely. Some forms of insanity have hitherto been treated by osteopaths at their own offices or in the homes of the patients, but many cases have not been undertaken because it was impossible to give them adequate treatment outside of an institution. We are now able to treat such cases, and the patients who are in our sanatorium represent the common types that appear in all asylums. They are classified and recorded according to the method of Professor Kraepelin, of the University of Munich, who is one of the leading authorities on insanity. Complete records are taken of the patient's physical and mental condition and an accurate diagnosis is made. When we know, so far as is humanly possible, what ails the patient we are ready to classify the case into one of three groups, consisting of, first, the incurable; second, those who are capable of improvement, and, third, those whose recovery may be hoped for in the ordinary course of events.

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WHAT OSTEOPATHY MUST DEMONSTRATE IN ORDER TO PROVE ITS RIGHT TO EXIST.

"When the patient has been classified and medically examined we are then prepared to see what we can do for him. We are then ready to treat him in the ways that we use in attempting to improve upon the standard medical methods. If we cannot demonstrate that we effect such improvement there is no use for the science of osteopathy.

"Our treatment is practised in accordance with the ordinary osteopathic theory which maintains that the human body is the best and most wonderful laboratory in the world, needing no curative agencies outside of its own vast stores. Our treatment of insanity is



STILL-HILDRETH OSTEOPATHIC

"A parallel case that we treated was that of a boy of twenty who sustained a serious injury while running in the dark. He was crossing his own backyard when he ran into a clothesline. The rope caught him under the chin and threw him so violently that he was knocked unconscious. When he came to he was violent and raving. The injury had brought about a case of acute confusional insanity.

THE EFFECT OF ONE TREATMENT UPON A VIOLENT CASE.

"It was a clear case as to cause and also one of those cases that medical men, although familiar with, are often unable to treat effectively. They do not recognize the beneficial efforts of osteopathic spinal treatment, but just 'look after' such cases and await developments. Sometimes the patients recover and sometimes they don't, becoming permanent lunatics.

"The boy was brought to the osteopathic sanatorium two days after his injury. He had been violent for the greater part of the forty-eight hours and had slept little, if at all. One of our treatments, with special attention to the neck, helped him, so that he quieted down and went into a deep sleep that lasted twenty-four hours. In six weeks he was discharged from the institute, completely cured. It was a typical case of traumatic insanity and a fine example of the value of our treatment.

"Minor cases of this variety often come from the football field, where you have doubtless seen men temporarily out of their heads as the result of some injury received in the scrimmage. These cases frequently are cured. Some Western teams now recognize the value of the osteopathic treatment to such an extent that an osteopath is in attendance on the players during the course of the game.

THE SUCCESSFUL TREATMENT OF ADOLESCENT DEMENTIA.

"We have also been successful with adolescent dementia, an impairment of the mind oc-

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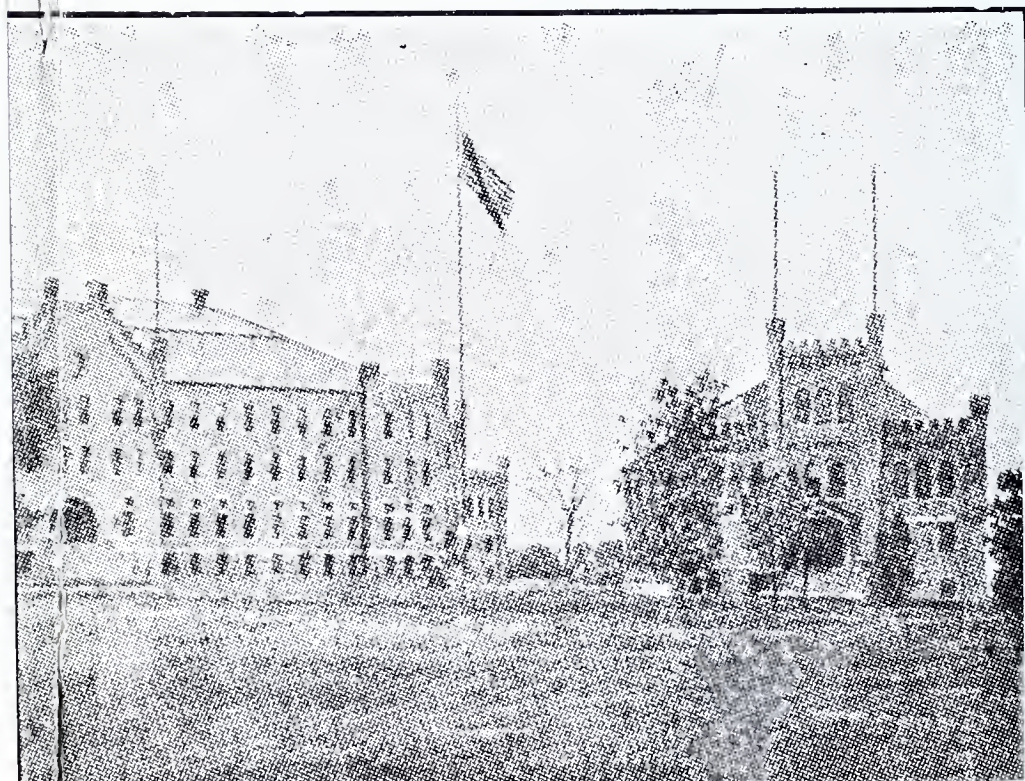
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CLEARED BY RELIEVING

largely based on the fact that the displacement of some bone or certain vertebræ has interfered with the nerves that control the blood supply to the brain. In fact, the whole theory of osteopathy is little more than this—namely, that when some bone is displaced ever so slightly the flow of blood is interfered with and the natural remedies that are in the blood fail in their supply.

“If a patient has a form of derangement that shows a degeneration in the brain substance itself we can do little. You cannot bring back a lung in tuberculosis and you cannot replace lost brain cells in insanity. If there is no brain degeneration and the case is purely functional, then, theoretically, it should be curable, and in its cure lies the great use of osteopathy.

“Take, for example, a case of traumatic



SANATORIUM, MACON, MISSOURI.

NERVE PRESSURE

dementia that we recently dealt with. It was placed in our sanatorium soon after we began our work there. The patient had been thrown from a street car, striking his skull. Although there was no fracture a practically complete case of insanity followed. For some years the doctors had endeavored to restore the patient to his right mind, but he remained in such a state that he was useless to himself or to anybody else. His relatives had demanded and received damages from the car company, and to all appearances the matter was settled for all time.

WHAT WAS ACCOMPLISHED IN A CASE OF CEREBRAL CONCUSSION.

"The relatives, however, heard of our sanatorium and brought the patient there. Several years had elapsed since he had been injured. It was, of course, a clear case of cerebral concussion, according to the orthodox medical theories, but that was as far as medical science had been able to progress, as was plainly evident from the patient's condition. We worked upon the osteopathic theory that the blow to the head had twisted the neck and might have injured the cervical vertebræ, thereby interfering with the nerve that controlled the blood supply to the brain. Accordingly, we loosened up the vertebræ in our usual fashion. This allowed the nerves to do their work properly, and the patient is now practically as well as he was before the accident happened.

"It would be a conservative statement to say that our simple and rational treatment in this case was an improvement on existing medical methods. To me it looks as if we had made a permanent cure, although the doctors long ago had pronounced the case a hopeless one.

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curring between the ages of seventeen and twenty-six that is known as 'dementia præcox.' The brain tends to weaken and progressively becomes worse. It has been considered to be an incurable form of insanity. There is a long period in the course of the disease, however, when there is no degeneration in the brain substance, and hence we claim that such cases should be amenable to treatment.

"A case of this type was brought to us from one of the leading hospitals in the East. It was that of a young girl. Her mother had been told that she was incurable, and for a long time the girl had been unable to live at home by reason of her condition. She had degenerated practically to the state of an animal. She paid no attention to anything. She had not spoken a word for many months. Our treatment was sought out by her relatives as a forlorn hope, and they did not have much confidence that we could do anything for her.

"That was seven months ago, when our institute was started. The change that has taken place is simply remarkable. The girl is now as well behaved as any one, she pays attention to her dress, is learning to sew and appears to like it, and, best of all, is beginning to show some signs of affection which she had apparently utterly lost. She met her mother the other day with an exclamation of pleasure. She dances when there is music, plays, sings and has become distinctly social in her habits—all of which symptoms are absolutely the opposite of those she showed before undertaking the treatment. She is not yet cured, however, but you cannot cure a trouble like that in the course of six months or so. With the improvement she has already shown, however, I believe that she will ultimately get well.

DESTROYING THE DRUG CRAVING IN TWO MORPHINE CASES.

"We have also discharged as apparently cured ten cases of mania. This does not have so great a significance, however, as patients of this sort are likely to make an apparent recovery and later on to have a recurrence of

But it is interesting to note that a successful with morphine fiends. I have believed the success we had until I had actually seen it. Two cases were kept under watch, the system and body were built up and the patients were discharged they had no apparent craving for the drug. One of them came to us his medical adviser said that he could not live a year. He wants to go through our school and study pathology. As yet the work of the sanatorium in its earliest stages. We have no vast tables of statistics to prove our points. But the work shown so far has been highly encouraging and this work is only beginning."

The writer asked Dr. Gerdine if he did not think osteopaths were somewhat prone to injure their own cause by excessive confidence in the results that they could produce. He replied that in many cases this was undoubtedly true, and that any lack of confidence was largely the result of it, saying also that the osteopath who took a reasonable point of view would never forfeit the good opinion of anybody.

"Osteopaths seldom lose cases," said Dr. Gerdine. "If they scent danger they are slow in taking the risk. They are far more likely to direct their methods to the treatment of chronic cases, where the question at issue is not one of life and death, but rather of how much good it is possible for them to accomplish. They are now compelled to take a four-year course of study and to exhibit a high school diploma as a qualification for admission. All of the osteopathic schools have not yet fallen in with this, but last summer the ultimatum was given out that any school failing to comply with the rule in the course of the next twelve months would be cast out of recognized osteopathic circles. We are educating our students so that we claim they are on a par with regular M. D.'s for diagnosis. This will eliminate any lack of confidence that may previously have been felt on account of the shorter course."

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